

AMENDMENTS TO THE SPECIFICATION

Applicants respectfully request entry of the following amendments to the specification.

Please replace paragraph 65 with the following rewritten paragraph:

--[0065] The user support frame 14 is generally L-shaped with a base 25 on which a seat pad 26 is adjustably mounted, and an upright 27 on which a back pad 28 is mounted. The generally L-shaped region on which the back pad and seat pad are mounted defines a user engaging region over which the majority of the user's body is located when seated on the support, as illustrated in Figures 5 and 6. A foot plate or footrest 30 is secured to the forward end of the base 25. The frame 14 is pivotally mounted on the pivot mount section 24 of the frame via a pivot 32 located on the upright 27 close to the junction between the base and upright sections, so that the pivot is positioned directly under an exerciser 34 (see FIGS. 5 and 6) at a location close to the exerciser's hips. The seat pad 26 is mounted on a strut or post 35 which is telescopically engaged in tube 36 to allow the height of the seat pad relative to the frame to be adjusted for users of different heights. A stop 38 on the main frame adjacent the forward end of the user support frame acts to support the user support frame in the starting position of FIGS. 1,4 and 5.. --